Occupational Massage Techniques

Become a Detective
Go beyond the obvious
Investigate

Is there something about my client’s job which may be contributing to a structural imbalance?
What can we do to change it?

Investigate and Understand:
*Muscular Holding Patterns*  *Stress Induced Dysfunction*
*Repetitive Motion Injury*

Learn techniques to be proactive in preparing your own body for the occupational demands of massage therapy